



Wisconsin Recovery Implementation Task Force • 1 West Wilson Street, Room 951 • PO Box 7851 • Madison, WI 53707-7852

**Recovery Implementation Task Force  
Training/Education Committee  
Friday, January 18, 2019  
9:00am – 12pm**

Prairie Oak State Office Building  
Department of Agriculture, Trade, and Consumer Protection  
2811 Agriculture Drive  
Madison, WI 53718

**Notes/Minutes**

**1. Attendance:** Mary Hamilton, Anneke Brainerd, Alice Pauser, Michael Conwill, Joann Stephens, Theresa Kuehl, Scott Webb, Kevin McGettigan, Joan Sternweis, Maria Hanson, Shelly Monroe

**2. Announcements:**

1. The Demeter Foundation received a grant to develop a workshop 4 week series focused on the 8 dimensions of wellness. The group will meet twice a week. This will be piloted in Dane County for women who are formerly incarcerated. The foundation maintains a strong presence — their goal, no woman should go back to prison.
2. Michael Conwill shared about an event on Feb 15, 2019 in Superior, Wisconsin. The event is “Mental Health and Incarceration”. The event will involve a panel 6:30-8pm.
3. Last week was the first week that Parent Peer Specialists were able to take the certification exam. There were two Parent Peer Specialists trainings in the Fall 2018. Parent Peer Specialists will be available soon! Milwaukee County, Voices to Recovery, and others are providing PPS trainings in 2019. Keep an eye on the CPS website. <http://www.wicps.org/training-schedules.html>

**3. Minutes were reviewed from last committee meeting. Minutes were approved.**

**4. Continued Discussion about CPS Competencies in Practice**

1. Letter to CPS  
Discussion about the draft letter to all CPS in Wisconsin. The original purpose of the letter was to ensure CPS knew where to get additional substance use training. The letter would reduce the need for CPS to search online for where to go for ongoing training and education on substance use. Tim Saubers, the new Peer Specialist Program Manager at ACCESS to Independence, had concerns about the letter as it was and provided suggestions for edits to be made. If his edits were made, the group felt the letter would lose its

purpose. Maria willing to go back to Tim, work with him to re-write the data paragraph and resolve his concerns.

## 2. Best Practices and Code of Ethics for Core Competencies

The task force is interested in creating a WI CPS Emerging Best Practice Guide. A document was created a number of years ago. Find document here.

Discussion:

- Consider this document as a “practice profile”, outlining the core elements of the CPS program & profession.
- People envision the final draft of this to be more like a workbook rather than a document. It could live online (*suggestion: WI CPS website*) and exist in print.
- CPS wellness is so important. Maria and Alice drafted content for the Self-Care section. Maria and Alice provided a document, “My Own Wellness Plan”, for the committee to review. They collected feedback on the “My Own Wellness Plan” document during the meeting and will incorporate people’s feedback.
- There was a proposed name revision for the document: “My Own Wellness and Resiliency Plan”.
- Joann shared the “Student Resiliency Plan”, which is similarly focused on cultivating and sustaining wellness. This document provides a definition of resiliency. Joann has this document in her files. It originally came from Chippewa Falls and the Department of Public Instruction. *She emailed this to the RITF on 1/18/2019 at 10:54am.*
- Suggestion to modify the guide grid by adding to pieces — “examples” and “worksheets/self-study”.
- Suggestion to add 2 columns, so it would be: Competency - Notes on Best Practice - Examples - Self-Study.
- Suggestion to remove the table/columns and make the document long/flow downwards.
- See action items related to this discussion below.

Additional discussion:

- Michael is interested in starting a new organization, called “UP Wisconsin - United Peers of Wisconsin”.
- Maria provides training, “The Art of Service”. This is available, for a small fee. Her training covers wellness of CPS. Wellness could be considered “Self-Maintenance”.
- Discussions of wellness come up within Ethics and Boundaries, which is required for lots of professions but not for CPS.

## 5. Discussion about Letter RE Funding CPS Coaching

Julie and Joann were going to write a letter requesting additional block grant funding to do an RFP for ongoing coaching and mentoring of CPS. This letter has not been drafted.

## 6. Action Items

1. At the November 2018 committee meeting, people agreed to review a portion the CPS Core Competencies Guide. Everyone who agreed to take a section of the Core Competencies Guide should continue their review and send revisions and additions to Maria. Maria agreed to be the master merger of information into what is being referred to as the “WI CPS Emerging Best Practice Workbook”.

Copied from the minutes of the last meeting, here is what people agreed to do:

Maria/Alice- will make updates to the “My Wellness Plan” (self-care)

Maria-Values

Mary-Recovery Knowledge

Shelly-CPS Roles and Responsibilities

Julie/Amy-Skills

Julie-writing the funding request letter

Kevin will read and research-plans on returning

Robin –read and get ideas back to team

2. Maria will talk to Amy and Julie to see if they would be interested in writing an introduction to the “WI CPS Emerging Best Practice Workbook”.
3. Maria will work with Tim (ACCESS) to re-write the data paragraph and resolve his concerns.

## **7. Future Agenda Items (March 15, 2019)**

1. Review revised “WI CPS Emerging Best Practice Workbook”.
  - Bring paper copies.
  - Bring it up online during meeting.
  - Have a version of it that can be edited during the meeting, as feedback is collected.

**Contact Staff Person for Committee:** Theresa Kuehl – [Theresa.Kuehl@wisconsin.gov](mailto:Theresa.Kuehl@wisconsin.gov) or 608-261-6743

**Contact Person for RITF Support:** Joann Stephens – [Joann.Stephens@wisconsin.gov](mailto:Joann.Stephens@wisconsin.gov) or 608-266-5380 (office), 608-405-2569

**Note:** Please refrain from wearing perfumes or scented products to accommodate those with chemical sensitivity or environmental illness, and refrain from flash photography without permission of all present to accommodate those with seizure disorders.

**Accessibility:** This meeting is accessible to people with mobility impairments. People needing accommodations to attend or participate in this meeting please notify the contact person five days prior to the meeting.

### *Recovery Implementation Task Force Mission Statement*

To transform Wisconsin mental health and substance abuse services to embody recovery, hope, dignity and empowerment throughout the lifespan, in partnership with the DHS-DCTS-BPTR.